



High School Lesson: Know Your Next Move

Teacher Guide · Grades 9–12 · 40–45 minutes

Goal

Students analyze realistic online situations, including sextortion, AI-made fake images, scams, and controlling relationships, and leave knowing exactly where to get help.

You need

- Classroom screen with officerquackers.com/high-school.html (Practice) and officerquackers.com/teens.html
- Student worksheet (page 2) for each student; give out the help card at the bottom of page 3 to every student

Before class

This lesson touches on image-based abuse and self-harm. Let your counselor know the date. Remind students they can step out and talk to a counselor at any time. Keep discussion about situations, never about real classmates.

Lesson steps

Time	What to do
5 min	Anonymous warm-up: students write on a slip, "The online situation I think is most common at our school is ____." Read a few aloud.
12 min	Run Practice on screen. Students commit to an answer before you reveal. Ask: "Why might someone choose the wrong answer in real life?" (fear, embarrassment, pressure)
13 min	Groups of 3: complete one worksheet case each, then report out.
8 min	Walk through officerquackers.com/teens.html together. Point out Take It Down, the CyberTipline, 988, and that reports go to the right local agency.
4 min	Hand out help cards. Close: "If this ever happens to you or a friend, you are not in trouble. Tell someone."

Key points to land

- Sextortion: don't pay, stop replying, keep evidence, tell an adult. Paying rarely ends it. It's a crime against the victim, not by them.
- AI fakes: creating or sharing sexual images of minors is a crime, even when AI-made. Don't forward; report.
- Take It Down (takeitdown.ncmec.org) helps remove images taken before age 18, without uploading them.
- Scams: verify through a number or site you already know. Never share sign-in codes.
- Friend in crisis: take it seriously, tell an adult, call or text 988.

If a student shares that something happened: stay calm, thank them, and don't ask for details in front of the class. Follow your school's reporting procedure; teachers are mandatory reporters. For online exploitation, an adult can report to the NCMEC CyberTipline (report.cybertip.org, 1-800-843-5678). If a child is in danger, call 911.





Know Your Next Move: Case Analysis

Name: _____

For your case: What's really happening? What are the risks? What is the best next move, and who can help?

Case	What's happening / risks	Best next move & who helps
A. Someone you've been talking to for a week says they'll send your private photo to your followers unless you pay \$300 by tonight.		
B. An AI-made fake image of a classmate is being shared in a group chat you're in.		
C. A seller offers sold-out concert tickets, but only takes Zelle or Cash App, paid up front.		
D. The person you're dating wants your passwords and live location "to prove you trust them."		
E. A friend posts late at night that they want to hurt themselves.		

Reflection: What would make it hard for a teen to ask for help? What would make it easier?





Answer Guide (teacher)

Case	Best next move
A	Sextortion. Don't pay or send more. Stop replying, screenshot the account and messages (never the image), tell a trusted adult, report to the CyberTipline or FBI (tips.fbi.gov). Take It Down can help remove images.
B	Don't open, save, or forward. Report it in the app, tell a trusted adult or the school, check on the classmate. Sharing sexual images of minors is a crime even when AI-made.
C	Likely scam: instant-payment apps work like cash. Buy through the official ticket site or a payment method with buyer protection.
D	Controlling behavior, not care. Say no; talk to a trusted adult. love is respect: text LOVEIS to 22522 or call 1-866-331-9474.
E	Take it seriously. Reach out to the friend and tell a trusted adult right away. Call or text 988; call 911 if there is immediate danger.

✂ Cut out and give to every student

WHERE TO GET HELP: you're not in trouble
In danger: 911
Crisis: call or text 988 · text HOME to 741741
Threats over private photos: report.cybertip.org · 1-800-843-5678
Remove an image taken before 18: takeitdown.ncmec.org
FBI: tips.fbi.gov · 1-800-CALL-FBI
Dating abuse: text LOVEIS to 22522
All help: officerquackers.com/teens.html

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